



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: TV Huchen-Stammeln
Number: 200

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 12:20:02

Speed: 8.11 km/h
Running performance: 7:24 min/km

Rank in course/Total: 68 (of 187)

Rank in course/Men: 64 (of 163)

Best time in course: 8:09:36

Rank in category: 11(of 29)

Best time in the category: 10:43:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:48:44	7:02	16	34:26	87	54:07	23.96	2:48:44	7:02	20	2:10	71	34:28
Floh-Seligenthal	26.92	3:14:11	7:12	16	40:15	101	1:10:57	50.88	6:02:55	7:07	20	8:56	71	36:55
Finsterbergen	24.12	3:03:33	7:36	7	13:53	57	58:29	75.00	9:06:28	7:17	20		66	3:01:40
Fröttstädt	24.83	3:13:34	7:47	11	30:44	54	1:21:49	100.00	12:20:02	7:24	11	1:36:06	68	5:02:17